

## **De-Stress for Success**

Stress, if left unmanaged, can lead to a dis-eased state of the body. Even stressful circumstances can impair critical thinking and your faculties of discernment in times that require a sharp, focused mind.

De-stressing is a learned life skill that is an invaluable tool for managers as well as people dealing with other people in your “Earth School.”

In this four hour course, you will learn to:

- Identify stressors in your life
- Stress vs depression
- Learn techniques to de-stress in all situations
- Turn stressful situations into opportunities to transform and to learn to bring success into all aspects of your life

You will receive hand-outs and printed resources.

Using the Aura and Chakra Imaging System’s bio-feedback technologies, we will demonstrate how these different techniques reduce physical stress. As well, you can “see” which techniques work best for you!  
(Live Class only)